



PSYCHOLOGICAL MECHANISMS AND FUNCTIONAL FEATURES OF ATTENTION

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ABSTRACT

Attention is one of the central cognitive processes that regulates the selection, control, and concentration of mental activity. This article examines the psychological and neurocognitive mechanisms of attention, its types, and factors that influence attentional performance. Through theoretical analysis of classical and modern scientific sources, the study highlights the role of attention in learning, information processing, and behavioral regulation. The research emphasizes that attention is a multi-component system that depends on both internal (motivation, cognitive load) and external (environmental conditions) factors.

1. INTRODUCTION Attention is a fundamental mental function that determines the efficiency of human cognitive activity. It allows individuals to focus on relevant information while ignoring irrelevant stimuli. Classical psychologists such as William James defined attention as the “taking possession by the mind of one out of several possible objects.” Today, cognitive psychology and neuroscience view attention as a dynamic system influenced by neural networks, perceptual filtering, and executive control mechanisms. The main goal of this study is to describe the types, mechanisms, and psychological determinants of attention.

2. LITERATURE REVIEW Research shows that attention consists of multiple subsystems responsible for vigilance, orientation, and executive control (Posner & Peterson, 1990). Behavioral approaches initially linked attention to stimulus-response patterns, but later cognitive theories emphasized internal processing and information selection. Neuroscientific studies demonstrate that the prefrontal cortex, parietal lobe, and reticular activation system (RAS) play a key role in maintaining alertness and controlling attention. Local Uzbek researchers also stress the importance of attention stability and distribution in the educational process.

3. METHODOLOGY This research is based on a theoretical analysis method. The study employs:

comparative examination of classical and modern psychological theories,
analysis of cognitive and neuropsychological literature (2010–2024),
synthesis of scientific views on attention mechanisms.

This method allows for a broad and comprehensive understanding of attentional processes.

4. RESULTS & DISCUSSION

4.1. Types of Attention

1. Voluntary attention: Controlled consciously; strongly associated with motivation and goal-directed behavior.
2. Involuntary attention: Triggered automatically by strong external stimuli such as loud sounds or bright images.
3. Post-voluntary attention: Begins as voluntary but later becomes

